



Ek Bharat Shreshth Bharat

...echoed through the portals of Amity Vasundhara-6

The students of Class 4 regaled the audience with an enthralling journey to the Seven Sisters of India. The plurality of Indian culture as well as the true essence of unity in diversity was highlighted through this unmatched visual delight comprising of foot-tapping Assamese, Manipuri & Tandav dances and soul-stirring choir, orchestra & yoga presentations strung in beautifully by mesmerizing narration & drama. The Chief Guest for the event, Shri Rajiv Kumar Srivas (Basic Shiksha Adhikari, Gzb.) congratulated the students on their commitment to the secular ideals of India.

The school has been certified as a Green School by Ms. Sunita Narayan, Director General of the Centre for Science and Environment for green activities related to Air, Water, Waste, Disposal & achieving Sustainable Development Goals.

In The Limelight...



Faculty of Business and Law at the University of Newcastle Australia, launched the "Young Entrepreneurs Business Plan Challenge" for the first time in India this year. The business plan thesis "FREEMATE", of our team was graded "high distinction" & national winner. The team that consisted of 4 students Siya Pandey, Jhalak Jain, Aarushi Jain & Ridhi Nair was awarded cash prize of \$2500.

Amity Cadet Corps provides unique training sessions to class IX students that enhance their Personality & Physical Quotients. The experience of outdoor living helps the adolescents to learn adaptability to challenging situations & team dynamics..



The 6 day camp at Amity Valley, Manesar was the finest hands on experience for students. They enthusiastically took part in activities like obstacle course, rock climbing, rifle shooting, etc. The main charm was parasailing which helped kids overcome their fears. In the Kasam Parade, a sombre & soul stirring event, the young cadets pledged their allegiance to the Constitution of India to promote democratic & tolerant ideals.



ACC Camp



CBSE Vishesh

Creative & Critical Thinking
@ Vasundhara-6

Weekly Practice Program is a brilliant opportunity offered by the CBSE for the students to enhance their analytical and critical thinking skills. It will generate curiosity in students by connecting learning with real life situations. Besides, it even aims at empowering the teachers to ask out-of-box questions in classrooms related to real life situations. Every Monday these questions are put up on the CBSE Diksha portal where all the curious birds of classes 8 to 10 flock to trigger their grey cells to sum up their knowledge on various topics.

ANGER-FREE-ZONE

Our school is now an 'Anger-free-zone' & has taken up initiatives to empower children with tools that can help them take control over their undesirable & socially unacceptable emotions and reactions. Regular yoga and meditation sessions have been few of the effective measures taken up. Counselor Talks & Value Education modules are specially organized to equip kids to manage their anger with a aim to build a Positive, peaceful, future citizenry.



CELEBRATING
150
Years
of
The
Mahatma

A host of activities like Cleanliness Drives, Padyatra, Sathvik Aahar Abhiyan, handwriting improvement campaign, Kindness towards animals, birds and plants, Shramdaan, Poster Making, Slogan Writing and special assemblies were conducted to bring in the ideals of Gandhism in the millennial generation & mark the 150th Birth Anniversary of the great Apostle of Peace –Mahatma Gandhi.

CLUB OF THE MONTH



Ek Bharat Shreshtha Bharat Club

It is the newly constituted club in the school with the sole aim of propagating language, ethnic, social & cultural diversity of our country through various student centric activities.



Acute anxiety disorder, fear of an object, person or a situation is phobia. It generally refers to irrational fears & the affected person may remain distressed & resort to drastic steps that might often result in aggression & anti social behaviour. Indeed phobia is individualistic but genetics and social causes even can trigger it. An individual may suffer two major phobic syndromes - mainly specific & social.

SPECIFIC PHOBIA

Mostly triggered by either presence of or mere anticipation of an adverse situation or unknown object. The affected individual may over think to create an unwanted situation and then start having panic attacks

Treatment- Can be treated by Cognitive Behavioural Therapy & Exposure Therapy.

SOCIAL PHOBIA

A mild social awkwardness and fear of being judged by people may develop into social Phobia in an individual. Blushing, palpitations, stammering, acute sweating etc are few symptoms that are clear indicators of social phobia.

Treatment- Include psychological analysis or even medication in some cases.

PARENTAL PIVOT

How to help kids overcome Phobia

Since phobia is individual, it is of utmost importance for every person to self analyse and prevent oneself from any negative thinking that may ever drop one's confidence.

As parents, we hold immense responsibility and here are a few tips to prevent children from **PHOBIA**

Reality Check – List out the fears in least-to-worst order. Support children to understand the intensities of their fear. It will help them cope with the fears one at a time till they feel comfortable.

Avoid avoiding – Don't overlook a phobia casually. Communicate with the children to strengthen themselves to fight against the irrational fears. Cycle of avoidance may aggravate the problem.

Model positive behaviour – Children learn by watching, so you can demonstrate how to respond when confronted by the phobias.

Motivate kids to build fear ladder and move – Remind the kid that fears are unrealistic and if faced strongly, they can loosen their grip.

Consult a psychologist – In case the problem persists, don't prolong too much. Seek psychologist consultation in order to bring relief to the child.

Ramsha Matin(XII)

The school's 2 counsellors are always at your service 24x7.

VALUE OF

Noticing and reflecting upon the things we're thankful for, has many benefits. It significantly increases the sense of wellbeing and life satisfaction.

Gratitude doesn't need to be reserved for momentous occasions. The best way to reap the benefits of gratitude is to notice new things that you are grateful for every day.

THE MONTH

Gratitude journaling works because it slowly changes the way we perceive situations by adjusting what we focus on.

gratitude



Keeping a 'gratitude' jar

or making a 'gratitude card' are some fun -filled ways by which the Amitians of Vasundhara-6 enliven the beautiful art of practicing gratitude. The young Amitians brought their creativity to the fore by making heart-touching gratitude cards for the school -helpers, thereby resonating the 'Value of the Month' far & wide.



EDITORIAL TEAM

Ms. Hina Mukherjee
Ms. Alpna Wilson
Ms. Divya Gupta



EXPERIENTIAL LEARNING

As part of Experiential Learning, students of class VII were taken for a Re-wild Biodiversity Farm Excursion while students of Class VIII had an exposure to the scientific technologies after their visit to TERI.

The walk in the park brought about a palliative change for the pupils amidst the wilderness.

They were informed about the growing of vegetables along with the preparation of fields with the succor of irrigation through sprinkler and drip irrigation. The farm was a quintessence of Sustainable development as electricity is generated within the farm itself by installing Solar Panels.

Students visited the site of Mycorrhizae-based biofertilizers: a natural alternative to chemical fertilizers. Students were also shown a demo room powered by renewable energy sources.

Shades of Vibrancy

The greens, whites, reds and yellows
Are the perfect visual spring shadows
When the gardens around bloom and smile
You stop, feel 'n enjoy nature's warmth
awhile.

Indeed freshness is spread all around
Bringing happiness in our hearts abound
Adults or tiny kids, all feel immensely lively
To find the colourful butterflies fly sprightly
After the bitter cold we face each year
The world comes alive and gets greener
We get ready to welcome the summer 'n
need no reason

As spring is undoubtedly a perfect season.

Paridhi Balodi (IX)